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Vitamin D Status in Graves' Disease: A Retrospective Cohort Analysis of Clinical Associations

Dr. Reyhan Toyran, MD
Department of Nuclear Medicine,
Sultan 2. Abdulhamid Han Training and Research Hospital,
İstanbul, Turkiye
reyhankoroglu@yahoo.com
ORCID: 0009-0002-8830-4975

Aim: The present study examined the relationship between Graves diseases and clinical outcomes of vitamin D levels Graves patients.

Material and method: In this retrospective cohort study, Graves patients (35) and control(control) (37) were divided into three groups according to their vitamin D levels: Group I (>20 ng/ml ng/ml), Group II (20-30 ng/ml), Group III (<30 ng/ml), Laboratory test results and the radiological diagnosis were evaluated.

Results: Vitamin D levels were below 20 ng/ml in 54,28 % of 35 Graves patients (average age, 59.05 ± 3.762 [range, 25-81 years] and 61.11 % % women), while 40 % of 37 control(average age, 53,93 ± 2,656 years [range, 38–70 years] and 40 % women) had vitamin D levels below 20 ng/ml. Vitamin D levels were below 20-30 ng/ml in 37,14 % % of 35 Graves patients (average age, 58,08 ± 4,242 [range, 31-78 years]and 33,33 % women), while 37,83 % of 37 control(average age, 47,57 ± 6,034 years [range, 20-69 years] and 35 % women) had vitamin D levels 20-30 ng/ml. Vitamin D levels were higher 30 ng/ml in 8,5 % of 35 Graves patients (average age, 53,33 ± 4,096 [range, 47-61 years]and 5.5 % women), while 21,62 % of 37 control(average age, 43,67 ± 3,64 years [range, 23-56 years] and 25 % women) had vitamin D levels high 30 ng/ml. When the patients without graves were compared with the patients with graves, it was seen that vitamin D levels in Group I and Group II were significantly lower in patients with graves than in control patients. In group III, there was no difference between the groups with graves patient and those with non- graves patient.

Conclusion: Considering the results of the studies, it is seen that there is a significant relationship between vitamin D levels and patients diagnosed with graves.

Keywords: Graves disease, vitamin D.

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